

December's Gold Medal School of the Month

Riley Elementary

Principal: Bobbie Kirby

School Coordinator: Laraine Elder

Mentor: Heather Hatch



Riley Elementary believes in promoting health and wellness at their school by involving staff, students, and the community.



Last year at Riley Elementary a wellness policy and program were established in order to accomplish their goal of achieving silver. The wellness program for faculty and staff was titled "Your Wellness Program." This program allowed each individual to design a program to meet their needs. Between December 17, 2007 and January 13, 2008 they chose ways to relieve the effects of stress for 10 minutes a day from five areas: 1-exercise breaks, 2- tension release, 3-mental vacations, 4-rest and relaxation and 5-being happy.

Additional wellness activities including yoga and a ski day were also available. For eight weeks on Wednesdays after school a yoga class was available to the staff at a discounted price. Also, on a day off a ski day was arranged for faculty to enjoy the outdoors and some exercise with their co-workers. By participating in these activities faculty and staff at Riley learned the benefits of a wellness program. Initially, they thought they didn't have time to participate in these activities but they found they didn't have time not to.

Riley also showed their commitment to nutrition by establishing a breakfast policy. They then took this commitment a step further by offering exotic fruits and vegetables 1-2 times a week through the fresh fruits and vegetables program. This allowed students the opportunity to try different fruits and vegetables to incorporate into their diets.

Each grade also has a class represented in the Riley Garden project. This program is available through the Slow Foods of Utah pilot program spearheaded by Christi Paulson, first grade teacher at Riley. It allows students to participate in growing vegetables, harvesting them, and making a salsa to sample and enjoy!



Riley Elementary has gone above and beyond their commitment to health and wellness for staff and students by including the community in some of their other activities such as their Family Night Turkey Trot, Health Fair, Red Ribbon Week, walking the Gold Medal Mile for a total of 14,725 miles, and an Olympic Field Day.